

### **Program Description**

Nurture conducted five monthly Prenatal Program classes in partnership with Family Network – Right from the Start of Highland Park, IL. Fourteen pregnant women participated in at least three nutrition and cooking classes. The program is being funded by a grant from YEA! Highland Park. Topics included nutrition lessons on Eating for a Healthy Pregnancy and Baby, Fruits and Vegetables, Breakfast and Whole Grains, Lunch and Milk, and Dinner and Protein.

### **Overall Results**

- 97% Strongly Agreed or Agreed that they have a better understanding of the topic as a result of the lessons.
- 97% Strongly Agreed or Agreed that they feel more confident preparing these foods as a result of the lessons.
- 97% of participants were able to correctly answer questions about the topic while completing a survey at the end of the lesson.
- 97% of participants rated the lessons as Excellent or Very Good.
- 100% would like to take additional Nurture classes.
- 100% would recommend this program to another family.
- Average rating of 4.7 out of 5 for the Nurture recipes



### **Comments (Translated from Spanish.)**

What did you like most about the lesson?

- “When I we were given the food and an explanation of why the food was healthy.”
- “Learning how to prepare the food.”
- “The information on the prices and the flavors.”
- “Learning about what is nutritious for me.”
- “When they taught how to cook a healthy meal.”
- “Learning about the connection between baby and mother.”



### **General Comments**

- “Everything was great, and I learned a lot of new things.”
- “I like the salmon a lot!”
- “Everything was delicious.”

